










August 2016

Mon	Tue	Wed	Thu	Fri
1 9:00 Senator Moore Office hours 12:30 Senator Moore's Ice Cream Social 1:00 Tai Chi  Chicken Mornay	2 10:00 Card Players Group 12:30 Wii Games Pot Roast Stew	3 9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun & Games 1:00 Shopping Trip* Macaroni & Cheese	4 9:15 Jan's Breakfast & Sweet Dreams Presentation 10:00 Knit/Crochet Group 1:00 BINGO  Meatloaf & Gravy	5 9:15 Shopping Trip* 10:30 Blood Pressure Chicken a la King
8 10:30 COA Meeting 1:00 Tai Chi Roast Turkey w/Gravy	9 10:00 Card Players Group 12:30 Wii Games Buttermilk Chicken	10 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun & Games  Beef & Bean Chili	11 10:00 Knit/Crochet Group 1:00 BINGO 5:30 Departure for 6:30 Indian Princess Lake Cruise in Webster Pork Rib-i-que	12 9:15 Shopping Trip* 10:30 Blood Pressure 5:00—8:00 Cookout & Old Fashioned Sock Hop w/Juke Box Oldies  Cracker Crumb Fish
15 10:00 Farmers' Market Coupon Distribution 12:30 Wellness Talk 1:00 Tai Chi  Swedish Meatballs	16 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Beef Patty w/Peppers	17 9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun & Games  Garlic Herbed Chicken	18 10:00 Knit/Crochet Group 1:00 BINGO Beef & Broccoli	19 9:15 Shopping Trip* 10:30 Blood Pressure 12:30 Root Beer Float Social  Bacon & Cheese Omelet <div> Saturday, Aug. 20: Sheriff's Senior Picnic 11-3, Shrewsbury </div>
22 12:30 Lunch Trip to George's Surf & Turf 1:00 Tai Chi  Stuffed Pepper Casserole	23 10:00 Card Players Group 12:30 Wii Games Chicken w/Asparagus	24 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun & Games 1:00 Shopping Trip* Hot Dog on Bun	25 10:00 Knit/Crochet Group 1:00 BINGO American Chop Suey	26 9:15 Walk in the Park 10:30 Blood Pressure 12:45 Birthday Bash Wild Alaskan Salmon w/Dill 
29 9:15 Shopping Trip* 1:00 Tai Chi Lemon Thyme Chicken	30 10:00 Card Players Group 12:30 Labor Day Cookout & Rockin' Robin Concert  Beef w/Jardinere Sauce	31 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Movie & Ice Cream  Herb Roasted Pork		* Please see Newsletter for details on our shopping trips.

August, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Aug. 1 _____ Senator Moore's Office Hours, 9:00
- Aug. 1 _____ Senator Moore's Ice Cream Social, 12:30
- Aug. 3 _____ Upton Police, 9:00
- Aug. 3 _____ SHINE appointments, 9:00—12:00
- Aug. 3 _____ Fun & Games, 12:30
- Aug. 3 _____ Shopping Trip—Aldi's, Stop & Shop, TJ Max, Home Goods, Target Loop*, Milford, 1:00
- Aug. 4 _____ Jan's Continental Breakfast & Sweet Dreams Presentation, 9:15
- Aug. 5 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Aug. 8 _____ COA Meeting, 10:30
- Aug. 10 _____ Upton Police, 9:00
- Aug. 10 _____ Fun & Games, 12:30
- Aug. 11 _____ Indian Princess Lake Cruise In Webster—Depart Center 5:30 for 6:30 Cruise
(Do you need a ride? ☐ Yes ☐ No)
- Aug. 12 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge + Foppema's, 9:15
- Aug. 12 _____ Cookout & Old Fashioned Sock Hop with Juke Box Oldies, 5:00—8:00
- Aug. 15 _____ Farmers' Market Coupon Distribution, 10:00
- Aug. 15 _____ Wellness Talk, 12:30
- Aug. 16 _____ Shopping Trip—Kelly's Farm Stand in Upton, followed by Dairy Queen in Milford, 12:30
- Aug. 17 _____ Upton Police, 9:00
- Aug. 17 _____ SHINE appointments, 9:00—12:00
- Aug. 17 _____ Fun & Games, 12:30
- Aug. 19 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Aug. 19 _____ Root Beer Float Social, 12:30
- Aug. 20 _____ Sheriff's Senior Picnic in Shrewsbury, 11:00—3:00 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 22 _____ Lunch Trip to George's Surf & Turf in Mendon, 12:30 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 24 _____ Upton Police, 9:00
- Aug. 24 _____ Fun & Games, 12:30
- Aug. 24 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 1:00
- Aug. 26 _____ Walk in the Park, Milford Bike Trail, 9:15 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 26 _____ Birthday Bash, 12:45 (Do you have an August Birthday?!... ☐ Yes ☐ No)
- Aug. 29 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Aug. 30 _____ Labor Day Cookout & Rockin' Robin Concert, 12:30
- Aug. 31 _____ Upton Police, 9:00
- Aug. 31 _____ Movie & Ice Cream, 12:30

Please call the Upton Center at 508-529-4558
to register for rides and programs.

Hours of operation are Monday—Friday,
9:00—3:30 (weather & staff permitting).



*EASY SIGN UPS!

Turn your sheet in to our office and we'll make a copy and sign you up!

Your name:

Your Phone Number:



WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday	Card Players Group	10:00
Every Tuesday	Wii Games (No Wii on 8/30 due to cookout)	12:30
Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT	10:30